

# Morels

Mushrooms to  
Celebrate the Spring



True morel

Wazhashkwedoons

*Morchella*

Sac fungi

Dryland fish









Color may be White,  
Yellow, Grey or Black

Often will crop up after a  
fire

Large colonies found  
around elm trees

Recently cut trees often  
have loads of morels  
around them

# inconspicuous





# Where and When to look

Well-drained, sandy soils

Daytime highs reach the 60s and  
lows stay above 40 degrees

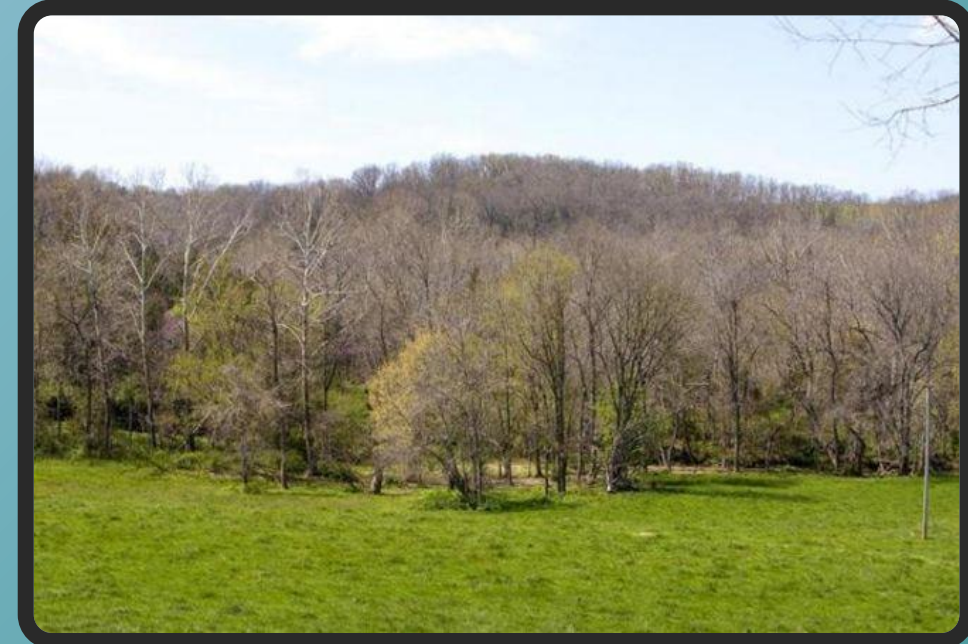
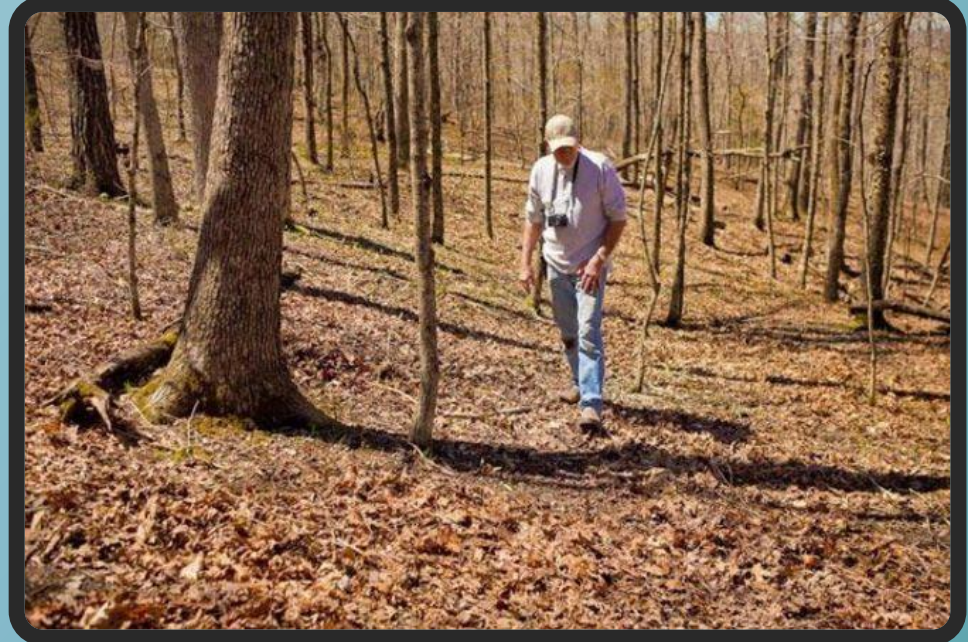
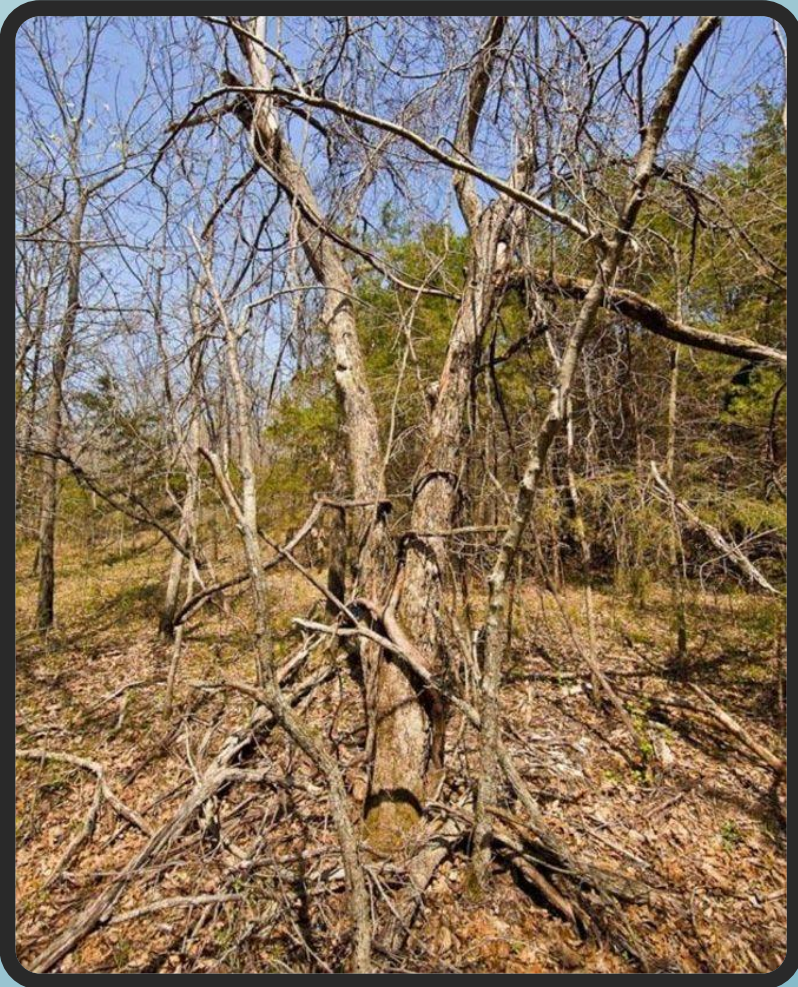
Morels often grow around dead and  
dying trees

Old apple orchards make good  
hunting grounds

Always look around dead elm trees

Look in openings under power lines

*As a dead tree decays and its bark  
is slipping off its trunk you may  
find lots of morels around it*





Morels  
grow  
abundantly  
in recently  
burned  
forests





# True Morel

## Hollow on the inside



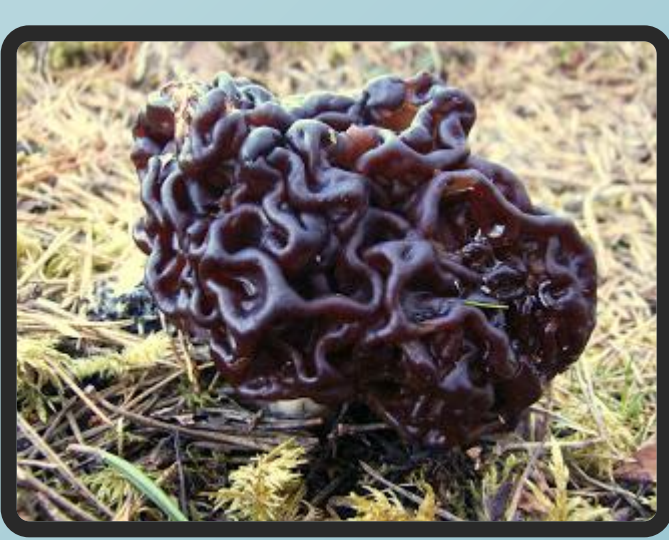


# False Morel

All kinds of gunk on the inside







False morel

*Gyromitra*

Convoluted  
turban

Beef steak



Fruit at same time  
as true morels

**DO NOT EAT**



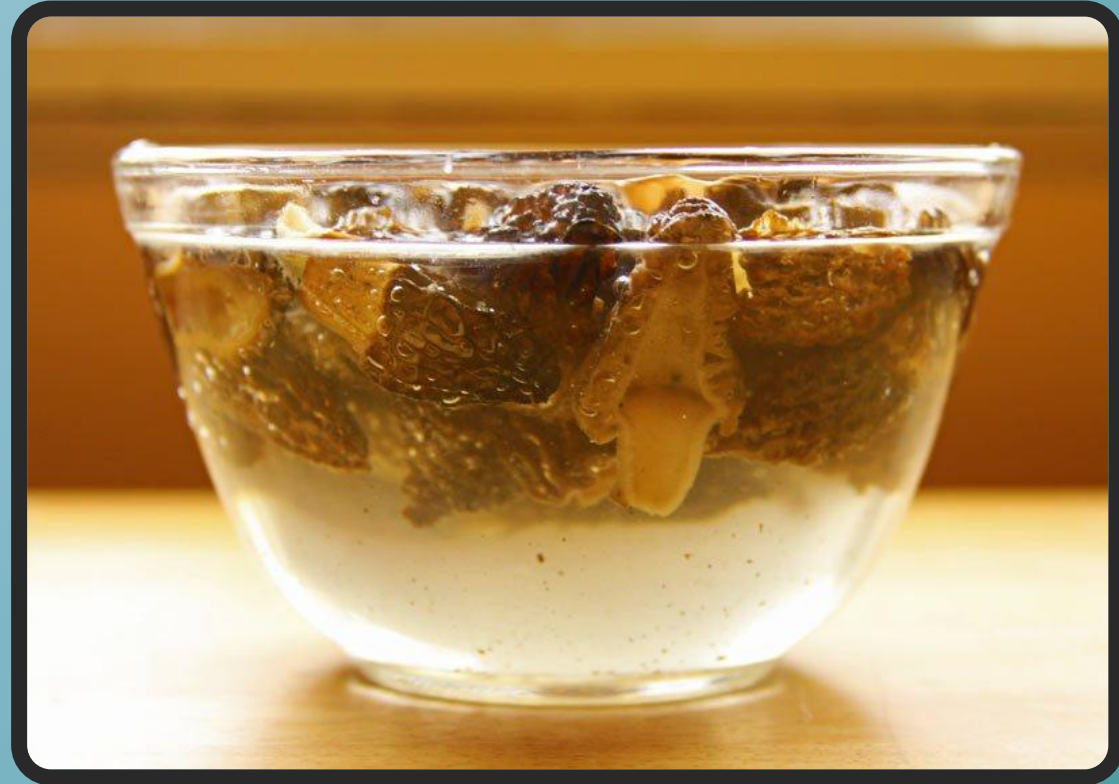


# Preparation before eating

Soak morels in slightly salty water for an hour to rinse out sand and dirt

Wash out any bugs living inside the hollow mushrooms

Some people slice them in half lengthwise for a more thorough cleaning





Must always be cooked before eating

When eating this fungus for the first time it is wise to **consume a small amount** to minimize any possible allergic reaction

As with all fungi, morels for consumption must be **clean and free of decay**

**Beware** of Morels growing in old apple orchards that have been treated with the insecticide lead arsenate or some other harmful pesticides – they may be unsuitable for human consumption





# Look for other wild foods too

Ramps / wild leek / bagwaji-zhi agaagawanzh

*Allium tricoccum*





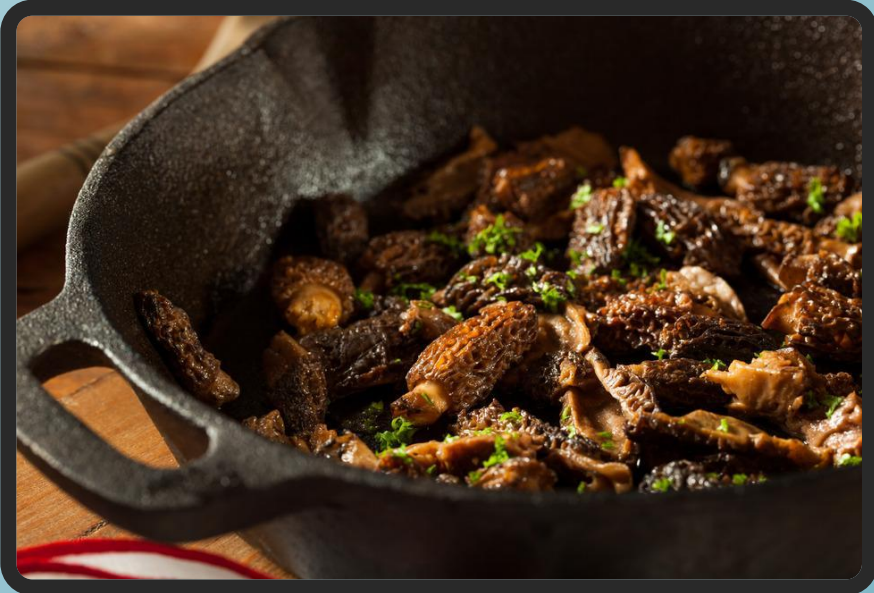
Make sure they are hollow



Soak in salty water to remove sandy grit and unfortunate insects



Cook – sauté – at least 10 minutes



Eat and enjoy!





# Remember the honorable harvest

- Know the ways of the ones who take care of you, so you can care for them
- Introduce yourself, be accountable
- Ask permission and abide by the answer
- Never take the first or the last
- Take only what you need
- Take only what is given
- Never more than half
- Harvest in way to minimize harm
- Use it respectfully
- Share
- Give thanks for what you have been given. (Allegiance of Thankfulness)
- Give a gift, in reciprocity for what you have taken
- Sustain the ones who sustain you and the earth will last forever

